480,091 includes **Tri-Cities TN-VA Consolidated Metropolitan Statistical Area** (Sullivan, Washington, Carter, Hawkins, Unicoi, Scott VA, Washington VA)

The Tri-Cities All America City Region adds 214,285 more residents and 7 more counties (Johnson TN, Greene TN, Hancock TN, Lee VA, Wise VA, Smyth VA and Russell VA) for a total of 694,376

Source: U.S. Census 2005